

1. PCL-T (PTSD Checklist-terror)

Instructions: Below is a list of problems and complaints that people may experience as a result of the recent terrorist attacks in the US. Please read each one carefully, then circle one of the numbers to the right to indicate how much you have been bothered by that problem in the past month.

	<i>Not at all</i>	<i>A little bit</i>	<i>Moderately</i>	<i>Quite a bit</i>	<i>Extremely</i>
A. Repeated, disturbing <i>memories, thoughts, or images</i> of the terrorist attacks and the aftermath of the events?	1	2	3	4	5
Repeated, disturbing <i>dreams</i> of the terrorist attacks and the aftermath of the events?	1	2	3	4	5
C. Suddenly <i>acting or feeling</i> as if the terrorist attacks and the aftermath of the events were <i>happening again</i> (as if you were reliving it)?	1	2	3	4	5
1. Feeling very upset when <i>something reminded you</i> of the terrorist attacks and the aftermath of the events?	1	2	3	4	5
E. Having <i>physical reactions</i> (e.g., heart pounding, trouble breathing, sweating) when <i>something reminded you</i> of the terrorist attacks and the aftermath of the events?	1	2	3	4	5
2. Avoiding <i>thinking about or talking about</i> the terrorist attacks and the aftermath of the events or avoiding <i>having feelings</i> related to these events?	1	2	3	4	5
G. Avoiding <i>activities or situations</i> because <i>they reminded you</i> of the terrorist attacks and the aftermath of the events?	1	2	3	4	5
3. Trouble <i>remembering important parts</i> of the terrorist attacks and the aftermath of the events?	1	2	3	4	5
I. Loss of interest in activities that you used to enjoy?	1	2	3	4	5

4.	Feeling <i>distant</i> or <i>cut off</i> from other people?	1	2	3	4	5
K.	Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you?	1	2	3	4	5
5.	Feeling as if your <i>future</i> somehow will be <i>cut short</i> ?	1	2	3	4	5
M.	Trouble <i>falling</i> or <i>staying asleep</i> ?	1	2	3	4	5
6.	Feeling <i>irritable</i> or having <i>angry outbursts</i> ?	1	2	3	4	5
O.	Having <i>difficulty concentrating</i> ?	1	2	3	4	5
1.	Being “ <i>superalert</i> ” or watchful or on guard?	1	2	3	4	
Q.	Feeling <i>jumpy</i> or easily startled?	1	2	3	4	

PCL for DSM-IV (11/1/94) Weathers, Litz, Huska, & Keane
National Center for PTSD - Behavioral Science Division

(Use above PTSD AND/OR below single measure of distress)

2. Overall, considering both big ways and little ways that you were touched by the events of September 11, how stressful would you say your life has been since. Please answer this question on a scale from 1 to 10, where 1 means that you have not personally been stressed or distressed at all, and 10 means that you have been terribly or extremely stressed or distressed

[illegible]